

Year 5 Finches

DT

Summer 2

Honey cake



Benefits of honey

Honey is thought to have health benefits, as well as antiseptic qualities, and it is a healthy form of sugar. Lots of people will drink hot honey and lemon when they have a sore throat or a cold to make themselves feel better.



Collection of honey

A beekeeper must wear protective clothing including bee suits, hat and veils, gloves and boots to protect against the bees stinging them. Beekeepers use smoke to calm the bees when they are extracting honey from the hive. The honey is in a honeycomb and the beekeeper must spin it and sieve it to ensure no wax remains in the honey.

Recipe

1. Crack an egg into a small bowl. Use the whisk to beat the egg so that the yolk is broken up into the white.
2. Measure out 60ml of vegetable oil and 125 ml of milk. Put these together in a mixing bowl.
3. Add the egg, 50g of caster sugar and 3 tablespoons of honey to the oil and milk mixture.
4. Use the whisk to beat all of the ingredients in the mixing bowl together.
5. Add 200g of self-raising flour to the ingredients in the mixing bowl.
6. Beat all of the ingredients in the mixing bowl together with a whisk until there are no lumps.
7. Stir 40g of oats into the mixture.
8. Use a teaspoon to spoon the mixture you have made into the muffin cases until they are about 2/3s full.
9. Bake the muffins in the oven for 25 minutes at 180° .

Key Vocabulary	Definition
<i>beat</i>	To stir rapidly to blend ingredients into a smooth mixture.
<i>beehive</i>	A dome-shaped/boxlike structure in which bees are kept.
<i>Beekeeper</i>	A person who owns and breeds bees, especially to harvest honey.
<i>hexagon</i>	A 6-sided shape.
<i>Honey</i>	A sweet, sticky substance made by bees from nectar collected from flowers.
<i>Honeycomb</i>	A structure of hexagonal cells of wax, made by bees to store homey and eggs.
<i>natural</i>	Something that comes from nature, and is not made by humans.
<i>raising agent</i>	A substance used to make breads and cakes rise when baked.
<i>sweetener</i>	Something which is used to sweeten recipes (like honey or sugar.)
<i>tablespoon</i>	Imperial measurement of approximately 15ml.
<i>teaspoon</i>	Imperial measurement of approximately 5ml.

The journey from nectar to honey

